

DAY/DATE: MONDAY/APRIL 23, 2012

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	300 swim 100 kick 200 [25 drill/25 swim]
EN-1	12 x 25 @ r=10 • 25 scull/25 pull
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 400 pull @ 6:30 or r=30<ul style="list-style-type: none">• breathe 3/5/3 by 100's• 3 x 100 swim @ 1:50 or r=20<ul style="list-style-type: none">• descend times 1-3• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• 25 DPS/25 build
REC	100 swim

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/APRIL 24, 2012

FOCUS: STROKE/IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	300 swim 200 kick 100 pull
EN-2	8 x 50 pull @ 1:10 or r=15 • 25 breast/25 free
EN-2	20 x 25 swim @ 40 or r=15 4 x through: • 3 strokes fly, easy free • 4 strokes fly, easy free • 5 strokes fly, easy free • all fly • all free
EN-1	500 "long axis" swim: 50 back/50 free
EN-1 TO SP-1	12 x 25 swim @ 45 or r=20 4 x through: • DPS • build • fast
REC	200 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/APRIL 25, 2012

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	500 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 400 "combo" swim @ 7:00 or r=40<ul style="list-style-type: none">• alternate 50 free/50 back• 200 pull @ 3:30 or r=30<ul style="list-style-type: none">• breathe 3/5/3/5 by 50's• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• descend times 1-4• 300 "combo" swim @ 5:30 or r=40<ul style="list-style-type: none">• alternate 50 free/50 back• 150 pull @ 2:30 or r=20<ul style="list-style-type: none">• breathe 3/5/3 by 50's• 3 x 50 swim @ 1:05 or r=20<ul style="list-style-type: none">• descend times 1-3• 200 "combo" swim @ 4:00 or r=40<ul style="list-style-type: none">• alternate 50 free/50 back• 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• breathe 3/5 by 50's• 2 x 50 swim @ 1:10 or r=25<ul style="list-style-type: none">• 25 easy/25 fast
EN-1 TO EN-2	12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• choose one stroke for each set of 3 x 50• golf score = time + # of strokes• lowest score wins!
REC	100 choice

TOTAL: 3000 METERS

Workouts: Off the beaten path
SJ Black, PhD

www.workoutsoffthebeatenpath.wordpress.com

DAY/DATE: THURSDAY/APRIL 26, 2012

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	600 swim
EN-2	12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim• 1 round each stroke
EN-1 TO EN-2	Milt Nelms Axis Swim 6 x through: <ul style="list-style-type: none">• 25 back• 25 fly• 25 back• 25 breast• 25 free• 25 free• 25 free
EN-2	12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim• 1 round each stroke
REC	250 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/APRIL 27, 2012

FOCUS: SPRINT FREE/SPEED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 200 kick 200 pull
EN-2	8 x 50 @ r=10 • alt. 25 kick/25 swim, 25 drill/25 swim
REC TO SP-1	3 x through: <ul style="list-style-type: none">• 4 x 50 swim @ r=10 #1=25 easy/25 fast #2=25 fast/25 easy #3=50 easy #4=50 fast (90%)• 2 x 50 swim (fast, 95%) @ r=30• 1 x 100 swim (build) @ r=10• 1 x 50 swim (easy) @ r=60
REC	150 choice

TOTAL: 2500 METERS